

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		Breakfast
11:00-12:30	CDR	Physical Exercise - RED
	FE-1	Physical Exercise – TVIS – Day1
12:40-13:05		Test TV Session for Cosmoport Youth Project To=12:40 , T1, T2, T3 activated from CПП
13:05-14:05	.	Lunch
15:35-15:50	CDR	Private Psychological Conference (<i>S-band</i>)
15:50-16:50		Physical Exercise – TVIS
15:55-16:55	FE-1	Physical Exercise (VELO + FL1) – Day 1
16:55-17:25		COЖ Maintenance
17:06-17:21	CDR	Private Family Conference (<i>Ku+S-band</i>)
18:15-18:45	.	Review of Next Day's Plan
18:45-19:15		Report Prep
19:15-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-20:00		Dinner
20:00-20:30		Food Prep
20:30-21:30		Pre-Sleep
21:30-06:00		Sleep
Task List	FE-1	PLANTS-2. Equipment Monitoring

Note: cf. OSTP for missing references to US activities

End of Radiogram